

# 2019 USA GYMNASTICS CHAMPIONSHIPS

## RHYTHMIC GYMNASTICS TECHNICAL INFORMATION

UPDATED June 3, 2019

### ENTRIES

Entry fees are a flat fee of \$150 for 1-4 events.

A step-by-step guide to register for this event is available at  
<https://usagym.org/pages/post.html?PostID=18319&prog=h>

#### Entry Deadlines:

- Level 9/10/Elite – Deadline: May 27<sup>th</sup>, 2019 (Qualified athletes MUST be registered by this date or their place will be forfeited and offered to the next gymnast in rank order.)
- Level 7/8 – Deadline: June 4, 2019 (Qualified athletes MUST be registered by this date or their place will be forfeited and offered to the next gymnast in rank order.)

#### NO CHANGES, REFUNDS, OR ADDITIONS WILL BE ALLOWED AFTER JUNE 4, 2019.

Scratches should be submitted online by modifying your club's current entries through June 4, 2019.

Scratches made from June 5, 2019, through June 28, 2019, should be submitted via the online registration system. Scratches submitted on or after June 28, 2019, must be done onsite.

Refunds will not be given for athletes who entered but do not qualify to the USA Gymnastics Championships.

### MANDATORY COACHES' ORIENTATION MEETING

One coach from each club is required to attend a Coaches Meeting on Monday, July 1, at 8 p.m. in meeting rooms 302-309 in the Community Choice Credit Union Convention Center. The first half of the meeting will be for coaches of all disciplines, followed by discipline-specific meetings.

### D FORMS

#### Junior Olympic Levels 7-8

Difficulty Forms for each routine must be uploaded to the USA Gymnastics website by June 21, 2019.

#### Instructions:

- Have any club administrator from your club log on to the USA Gymnastics website
- Navigate to the profile page for your gymnast
  - In the sidebar, click "Club Administration"> "Athlete Roster"> then search for the athlete
- Scroll down on the athlete's profile page to the section that says "Routine Music/D Forms"
- Then click the "upload" button next to each event the athlete will be competing to add the D Form

Notes:

- D forms will be downloaded on June 21<sup>st</sup>. To replace a D form after that time, you must email [jvincent@usagym.org](mailto:jvincent@usagym.org) with the request to change  
Late fee for D forms submitted or changed after June 21<sup>st</sup>: \$25/athlete
- All forms must be computerized, and per the Rules & Policies, handwritten forms are not allowed.

**Levels 9, 10, and Elite Individual:** D forms will not be used for this competition.

**FIG Groups:** D forms for group must be submitted **with D1 and D3 separately** to [jvincent@usagym.org](mailto:jvincent@usagym.org) by June 21<sup>st</sup>, 2019. Any forms submitted or changed after this date will be subject to a \$25 late fee per group.

## MUSIC

Music for all participants must be uploaded by June 6, 2019 via the USA Gymnastics website.

Instructions:

- Have any club administrator from your club log on to the USA Gymnastics website
- Navigate to the profile page for your gymnast
  - In the sidebar, click "Club Administration"> "Athlete Roster"> then search for the athlete
- Scroll down on the athlete's profile page to the section that says "Routine Music/D Forms"
- Then click the "upload" button next to each event the athlete will be competing to add the music

Notes:

- Music files will be downloaded on June 6<sup>th</sup>. To replace a music file after that time, you must email [jvincent@usagym.org](mailto:jvincent@usagym.org) with the request to swap files
- Athletes/coaches must also bring a set of CDs to the event as a backup
- Late fee for music submitted after June 6<sup>th</sup>: \$25/athlete

## QUALIFICATION

### Non-Elite

Levels 7-10 qualified through the Junior Olympic Championships, Level 9 Classic, and Elite Qualifier in accordance with the Rules and Policies

### Elite

**25 juniors/hopes athletes.** The max of 25 in the field includes both the top 25 juniors/hopes from the 2019 Elite Qualifier and those junior athletes per the Rhythmic Gymnastics Rules and Policies from international selection. The total number of qualified juniors/hopes will not exceed 25.

**20 seniors.** The max of 20 in the field includes the top 20 seniors from the 2019 Elite Qualifier and those senior athletes per the Rhythmic Gymnastics Rules and Policies from international selection. The total number of qualified seniors will not exceed 20.

**2 junior groups.** The top two junior FIG-level groups from the 2019 Elite Qualifier will advance to the USA Gymnastics Championships.

**2 senior groups.**

1. If a Senior FIG-level Group has been assigned to an official FIG international competition following the 2019 Rhythmic Challenge, this Group automatically advances to the 2019 USA Gymnastics Championships. The top Group by All-Around results at the 2019 Elite Qualifier, in addition to the above-named Group, advances.
2. If no Group is assigned to official FIG competition following the 2019 Rhythmic Challenge, the top 2 Groups by All-Around results advance.

## COACHES & OFFICIALS

Coaches, judges and officials who are professional members will be issued credentials. No pending pro memberships will be allowed. Coaches must register online for the 2019 USA Gymnastics Championships. No coach changes may be made after the registration deadline. No hospitality will be provided for coaches.

## RULES

Level 9, Level 10, and Elite competition will follow the current FIG Code of Points and Levels 7 and 8 will follow the Rhythmic J.O. Handbook. Inquiries will be handled according to the Rhythmic Gymnastics Rules and Policies

## DOPING CONTROL

The U.S. Anti-Doping Agency (USADA) will conduct doping controls for select athletes at the USA Gymnastics Championships. Athletes will be notified immediately following competition if they have been chosen for doping control.

If an athlete is currently taking any medication that may be on the banned substance list, the athlete and/or parent/guardian should call the USADA Drug Reference phone line at 719-875-2000 or visit [globaldro.com](http://globaldro.com) for verification. There are many over-the-counter medications, such as cold medicines, that are banned substances. It is important to call the drug reference line with any questions regarding this important issue or to speak with the medical doctor or trainer onsite at your venue. DO NOT leave this to chance. Use of methods or substances prohibited by any applicable anti-doping rules may be subject to penalties including, but not limited to, disqualification and suspension. Possible doping violations will be managed by USADA protocol.

## COACH ATTIRE

All coaches must wear club or athletic apparel with athletic shoes to be on the competition floor. No national team apparel that bears the USA flag or a national team logo may be worn at any time during training, warm-up or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, competitive apparel, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by

Caroline Hunt, the program director, please leave all national team apparel/accessories at home.

The following dress code must be followed during all training, warm-up and competition sessions. Violators will be asked to leave the event floor or training/warm-up area.

- Warm-up pants, long pants or capri length pants only. No shorts are allowed.
- Team polo shirt or team t-shirt. Warm-up jackets are optional.
- Gym /athletic shoes are required. No flip-flops.
- No denim allowed.
- No caps or hats allowed.

## **ATHLETE ATTIRE**

All athletes must be in club or athletic apparel, and rhythmic gymnasts will be permitted to wear leotards that bear the American flag. With the exception of the leos, no national team apparel that bears the USA flag or a national team logo may be worn at any time during training, warm-up, or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by your program director, please leave all national team apparel/accessories at home.

Athletes are required to wear competition apparel for all awards ceremonies.

## **AWARDS**

### **Junior Olympic Level Competition**

Awards for each age group will be given out for first through sixth place for each event and the all-around.

### **Hopes Competition (if applicable):**

Awards will be given out for first through third for the all-around only.

### **Junior Elite Level Competition**

Awards will be given out for first through third place for each event and the all-around. The top twelve athletes in the all-around will be named to the U.S. Junior National Team. Results will be based on the total of four event scores. Juniors will compete in four events, which serve as both the event and all-around finals. A Junior World Championships selection session will be held on Saturday, July 6. **The top six gymnasts on each individual event will advance to a third day of competition.** The Junior World Championships selection procedures have complete details regarding Junior World Championships athlete selection.

### **Senior Elite Level Competition**

Awards will be given out for first through third place for each event and the all-around. The top ten athletes in the all-around will be named to the U.S. Senior National Team. Results will be based on total of eight event scores. Seniors will have two rotations during the all-around qualification. The evening session rotation will feature the 10 athletes meeting one of the following criteria:

- Criteria 1: The top 6 finishers from the Rhythmic Challenge who have qualified automatically to the USA Gymnastics Championships

- Criteria 2: The 2 athletes assigned to represent USA at 2019 World Cup events who were verified outside of Challenge
- Criteria 3: The top 2 finishers from the National Qualifier who do not meet criteria 1 or 2.
- Total = 10 Athletes in the evening session

The morning session will include the remaining 10 athletes who qualified through the National Qualifier. The all-around qualification serves as the event finals. The top 12 from the all-around qualification rankings (first four events) will advance to the all-around final.

### **Elite Coach of the Year**

Ballots will be distributed to elite clubs at the time of registration and completed ballots must be submitted to Jayme Vincent by end of evening competition in the arena on Friday, July 5.

### **Athlete of the Year**

The recipient will be the highest senior finisher in the 2019 international season.

### **Sportswoman of the Year**

The recipient will be elected by the top 12 seniors immediately following the conclusion of competition on Friday, July 5. During the session's last rhythmic routine, the top 12 seniors must meet near the competition entryway in preparation to cast their vote.

Awards for each session will be given immediately following the session. Senior elite awards will be presented after finals. **If the session is running early, awards will be given early.** Athletes receiving awards should be in the staging area immediately following the session.

## **CEREMONIES AND COMPETITION PROTOCOL**

### **OPENING CEREMONIES – Athletes competing at the Coliseum Arena**

All elite gymnasts are required to participate in the Opening Ceremonies prior to their competitive session. Competition leotards are the required attire. Athlete cooperation is requested in reporting promptly to the staging area in preparation for the march-in and introduction. All athletes are requested to follow the instructions given by the stage manager.

### **AWARDS CEREMONIES – Athletes competing at the Coliseum Arena**

At the conclusion of competition, all competing athletes **MUST** return to the staging area to prepare for the awards ceremonies. All athletes are requested to cooperate, even if they are not participating in the awards ceremony. Athletes should be in their competitive attire.

### **AWARDS CEREMONIES – Athletes competing at the Special Events Center and the Fieldhouse**

All awards ceremonies will take place in the awards room located in the west wing of the Special Events Center. At the conclusion of competition, all athletes receiving an award **MUST** return to the athlete staging area in the awards room to prepare for the awards ceremonies. Athletes should be in their competitive attire.

## **COMPETITION EQUIPMENT**

All apparatus for elite athletes must be measured on Wednesday, July 3, during the elite training session.



July 2-6 • Des Moines, IA **2019**

## **NATIONAL TEAM MEETING**

The 2019-2020 National Team meeting is scheduled for Sunday, July 8, from 8 a.m.-12 p.m in the meeting rooms at the Community Choice Credit Union Convention Center. This meeting is required for all 2019-2020 National Team members and coaches. Parents are invited to attend. Departing flights should depart after 2 p.m.

## **CONTACTS**

Rhythmic Program Director: Caroline Hunt at [chunt@usagym.org](mailto:chunt@usagym.org) or 317-490-4262  
Program Coordinator: Jayme Vincent at [jvincent@usagym.org](mailto:jvincent@usagym.org) or 317-829-5662

**Good luck at the USA Gymnastics Championships!**